## Index Volume 86, Numbers 1, 2, 3, 4. 1986

Anderson, John, Decathlon, 86: 2, 21. , Heptathlon, 86: 2, 40. Bakarinov, Y., Fantalls, Tshenhotaryov, Contemporary View of Hammer Technique, 86: 1, 45. Booth, Dick. Discus, 86: 1, 27. , Rotational Shot Putting, 86: 1, Boyce, Laura, The Ten Most Common Running Injuries, 86: 3, 41. Calhoun, Lee, The Sprint Relay: Non-Visual; Non-Verbal 'Blind' Relay Pass, 86: 4, 7. Chuman, Valentin, The Starting Position of a Hammer Thrower, 86: 1, 47. Cooksey, Stephen, Teaching Progression in the Flop, 86: 4, 36. DeSouza, A. J., Accenting Competitiveness in Design of Training Loads, 86:3, 4. Mobility & Agility-Keys to Efficiency, 86:4, 31. \_, No Off Season for Athletics, Dick, Frank, Jumps and the Combined Events, 86: Fischer, Richard L. Pool Workouts for Track & Field Athletics, 86:4, 27. Freeman, William H. An Analysis of Heptathlon Performances and Training, 86: 2, 30. , Factors of Decathlon Performance Success, 86: 2, 4. The IAAF Decathlon Scoring Tables, 1962-1985, 86: 2, 18. Henson, Phillip, Coaching Athletes for Multiple Events, 86: 2, 48. Long Jump Technique and Training, 86: 4, 24. , The Physiology of Training, 86: 3, 29. Hernandez, Humberto, What's Wrong With Distance Runners in the U.S.A.? 86: 3, 8. Humphrey, Sue, High Jump-Back Layout Way, 86: 4, 32. Irwin, Dick, Long Distance Runners: A Psychological Profile, 86: 3, 39. Janssen, H. Kuipers, H. Keizer, Muscle Damage and Enzyme Activity After Various Activities, Jarver, Jess, Shortcomings in Strength and Power Development, 86: 1, 38. Jenner, Bruce, Bruce Jenner on the Decathlon, 86: 2, 26.

Krzesinski, Andrze, The Decathlete's First Step,

Lindeman, Ralph, Principles of Training for the

Lundin, Phil, Distance Running Technique: Appli-

Lukens, Don, Interpreting and Implementing the

Lydiard, Arthur, How to Set Out a Schedule, 86: 3,

cation of Research to Coaching, 86: 3, 28.

Levine, Norman, Basic Cross Country, 86: 3, 10.

Sprints, 86: 4, 4.

Lydiard System, 86: 3, 21.

Magnusen, Rodney, International Views on Decathlon Methods, 86: 2, 25. Makela, George, Relay Techniques-Personnel and Placement, 86: 4, 12. Marra, Harry, The Decathlon, 86: 2, 12. McLaughlin, Ted, Anthony Carter, The Shot Put, Moore, Timothy, Heptathlon Training, 86: 2, 37. Muthiah, C. M., Physiology Training of Jumpers, 86: 4, 22. Myers, Robert, Training for the New Heptathlon, 86: 2, 34. Myers, Larry, The Hurdles, 86: 4, 17. , The Jumping Events, 86: 4, 19. Naclario, Anthony, Developing High School Shot Putters, 86: 1, 4. Norton, Wayne, 400 Meter Dash Training, 86: 4, 5. Pagani, Tom, Drills, for Jumpers, 86: 4, 44. ., The Glide Shot Put Style, 86: 1, 13. The "Spin" Shot Put Style, 86: 1, Rallins, Mamie, Hurdling, 86: 4, 14. Rich, R., R. Gregor, W. Shiting, R. McCoy, P. Ward, Kinematic Analysis for Elite Javelin Throwers, 86: 1, 35. Rogers, Joe, Combining Continuous Running With Interval or Anaerobic Training for Variety, 86: 3, 36. Rudski, A., B. Aptekman, Stages in the Training of Decathloners, 86: 2, 16. Santos, Jim, 4 x 100 Meter Relay Racing, 86: 4, 10. Schnier, Bill, Hurdling, 86: 4, 15. Schwartz, Gary, Fundamentals of Discus Throwing, 86: 1, 22. Sevene, Bob, Hill Training, 86: 3, 37. Sherkin, Kel, Shin Splints Revisited, 86: 3, 46. Sils, I., P. Szylk, B. Jones, L. Armstrong, Rapid Drinking Devices Constructed from I. V. Bags and Plastic Squeeze Bottles, 86: 3, 47. Sykes, Robin, Combined Events, 86: 2, 43. Sylvester, Jay, Points for the Discus Thrower and Coach to Ponder, 86: 1, 26. Tuttle, Gary, Mark, Set, Practice, 86: 3, 29. Uebel, Ralph, The Value of Different Weighted Shots in the Practice and Teaching of Shot Putters, 86: 1, 18. Teaching Methodology for the Beginning Hammer Thrower, 86: 1, 39. Ullyot, Joan, Rules of 10 Percent for Women Distance Runners, 86: 3, 8. Walker, Joe, Track & Field Plyometrics, 86: 4, 42. White, Scott, Introducing the Essentials of Javelin Throwing to Beginners, 86: 1, 29. Wilson, Gary, A Sensible Approach to Year Round Distance Running, 86: 3, 12.

Xinwang, Feng, An Analysis of Zhu Jianhua's Run-

Zody, Charles, Common Sense Year Around Dis-

up Technique, 86: 4, 38.

tance Training, 86: 3, 9.